

## Daily Affirmations- February 2015

**Affirmations** are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

**Affirmations** have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

**Affirmations** support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

**Affirmations** are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Sunday, Feb. 1 <sup>st</sup>	One smile can change a person's day and world.
Monday, Feb. 2 <sup>nd</sup>	Change YOU first and everything else will follow.
Tuesday, Feb. 3 <sup>rd</sup>	Dream. Believe. Achieve.
Wed., Feb. 4 <sup>th</sup>	Without trials & tribulations, you won't appreciate your blessings.
Thursday, Feb. 5 <sup>th</sup>	Life is like a ladder. If you're on a lower step, it's time to climb.
Friday, Feb. 6 <sup>th</sup>	I am worthy!
Saturday, Feb. 7 <sup>th</sup>	I respect myself.
Sunday, Feb. 8 <sup>th</sup>	First seek the kingdom of God and all things will be given to you.
Monday, Feb. 9 <sup>th</sup>	Love yourself first and foremost.
Tues., Feb. 10 <sup>th</sup>	Every day is a new day to stay clean and sober. Every second counts.
Wed., Feb. 11 <sup>th</sup>	Talking about change is not enough. Just do it!
Thurs., Feb. 12 <sup>th</sup>	Leave yesterday's burdens behind. Live for today.
Friday, Feb. 13 <sup>th</sup>	Life is a case of mind over matter. If you don't mind, it doesn't matter.
Sat., Feb. 14 <sup>th</sup>	The possibilities are endless.
Sunday, Feb. 15 <sup>th</sup>	Do unto others as you would have others do unto you.
Mon., Feb. 16 <sup>th</sup>	I chose to be a leader and not a follower.
Tues., Feb. 17 <sup>th</sup>	I am clean and sober.
Wed., Feb. 18 <sup>th</sup>	I am determined to be successful. Anything is possible.
Thurs., Feb. 19 <sup>th</sup>	Look forward. Think forward. Keep Positive.
Fri., Feb. 20	I'm turning my life in a new direction.
Sat., Feb. 21 <sup>st</sup>	Today is a gift. That's why it's called the present.
Sun., Feb. 22 <sup>nd</sup>	My key to life is prayer.
Monday, Feb. 23 <sup>rd</sup>	I have goals and I will achieve them.
Tues., Feb. 24 <sup>th</sup>	Live the life you love. Love the life you live.
Wed., Feb. 25 <sup>th</sup>	I have no regrets. My experiences made me who I am today.
Thurs., Feb. 26 <sup>th</sup>	Know better. Do better. Get out. Stay out.
Friday, Feb. 27 <sup>th</sup>	Dream as if you'll live forever. Live as if you'll die tomorrow.
Sat., Feb. 28 <sup>th</sup>	Think positive and positive will come to you.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

**In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power. One Day at a Time.**

**"We Rise by Lifting Others" – Robert Ingersoll**